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WHAT I LEARNED AT FARM AND HOME WEEK

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A radio talk by Mrs. M. W. Fulton, Morgan County, West Virginia, delivered in the Home Demonstration radio program, March 4, 1936, and broadcast by a network of 49 associate NBC radio stations.

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One of the events of the year to which I eagerly look forward is Farm and Home Week. This event is held each winter at our West Virginia State University in Morgantown. Formerly, it was called Farmers' Week, but with the increased attendance of women and the great interest shown in their part of the program the name was changed to include the homemaker as well as the farmer.

The program this year, as usual, was enjoyable and filled with information of interest to the homemaker. At the opening session a talk by Dr. C. S. Boucher, President of the University, and music by a farm men's chorus from Ohio County very effectively got us into the spirit of the week's activities.

For the women's part of the program the mornings were devoted to class work, the afternoons to the business meetings of the state Farm Women's Bureau and to special talks, while the evenings were largely entertainment.

An important part of the business meetings was a summarization of what had been accomplished during the year. One could not help being impressed by the vast amount of work done by farm women's clubs to improve the homes and communities of the State. The results and benefits reported have been brought about through local and county groups of farm women assisted by home demonstration agents and other extension workers.

These meetings also helped to further convince us that homemakers who have availed themselves of such opportunities as belonging to farm women's clubs and attending meetings such as this, see beyond the boundaries of their own homes and communities and are much interested in what is being done, and can be done, in the county, the state, and the nation.

One afternoon a feature of special interest was a talk by Miss Hazel Cameron on the common cold and what has been learned about it through experiments and study. Miss Cameron said, "No preventive has yet been discovered, but cod liver oil and other sources of Vitamin A such as the protective foods--cream, butter, fruits and vegetables--in the diet will often reduce the number and duration of colds."

In looking over the schedule of classes it was difficult for me to decide which ones to select because there were so many interesting topics offered.

In the class on the use and abuse of color we learned from Miss Beth Palmer, instructor in home arts at the University, how colors are made, how shades and values are changed, and what influence color has on our homes.

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In a class dealing with assembling a costume, taught by Miss Montelle Dietrich, clothing instructor in the home economics department, we learned that it is wise, before buying an article to study the things we already have and with which it will have to be worn.

To save time in the kitchen some suggestions made by Miss Neil Hesbitt, instructor in home management, were to arrange the furniture and equipment to save steps and to select small equipment carefully.

T. D. Gray, Extension Landscape Architect for the College of Agriculture, in connection with his talk on the need and value of home plantings showed pictures of homes before and after planting. Some almost unbelievable improvements were made by cleaning up the premises and planting shrubs and vines about the house. He says a house is not a home until it's planted.

One of the pleasant and lasting features of Farm and Home Week is meeting farm women from other parts of the state, and exchanging with them ideas on homemaking, club work, and community problems. The tea given by the Campus Club one afternoon gave us an excellent opportunity to visit together and also to meet more of the people who are working to raise the standard of farm living.

We came away from Farm and Home Week feeling that we had much new information that we can use at home, and that we are eager to pass along to others through our county and local club meetings.

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